

# Running on Empty: Sustain Yourself First! Being the Healthy and Balanced Role Model That First-Year Students Need

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## The Audit



Question #1: Why are you a/an \_\_\_\_\_?  
*(insert your job title here)*

Question #2: If you were given an unexpected day off the day after returning from this conference, how would you spend it?

Question #3: What is your definition of happiness? (Holden, 2009).

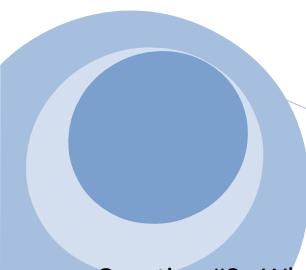
Question #4: When is the last time you experienced pure happiness and joy?

Question #5: What is your current state of being? How do you feel most days?\_

Question #6: What steps do you take each day to ensure your physical well-being?\_



Question #7: What steps do you take each day to ensure your spiritual well-being?



Question #8: What steps do you take each day to ensure your mental well-being?

Question #9: Who are the “energy vampires” in your life? Name them and how they drain you of energy.

Question #10: Where do you need to set boundaries with these “vampires”?

Question #11: Why haven’t you set these boundaries before?



## My Plan to Become a Healthy Role Model of Happiness and Energy

1. Explain why you do what you do (i.e., your “job”). Why does it matter to you? What about it gives you energy and makes you want to get out of bed in the morning? Tell your story.
2. Set one goal you have for yourself that is specific, measurable, attainable, realistic and timely. This goal could be for your physical, spiritual, or mental self.
3. Set a “Ship It” date for the goal above:
4. List three visual ways you will remind yourself about the important goal above:
5. Select one energy vampire and explain how you will commit to setting a healthy boundary for that person.
6. Set a “Ship It” date for the goal above:



7. List three visual ways you will remind yourself about the important goal above:

8. List 3 things for which you feel so much gratitude.

- a.
- b.
- c.

9. To be your authentic self/follow your joy more than ever before, what will you do differently the day you get back to your campus? (Holden, 2009).

## Great Quotes

*“Life will bring you pain all by itself. Your responsibility is to create joy.” (Ryan, 1999).*

- Milton Erickson

**“People don’t buy what you do, they buy why you do it.” -- Simon Sinek**

“People do not want to compartmentalize or fragment their lives. The search for meaning, purpose, wholeness, and integration is a constant, never-ending task. To confine this search to one day a week or after hours violates people’s basic sense of integrity, of being whole persons. In short, soul is not something one leaves at home.” (Bolman & Deal, 2001).

**“For as long as you deny the joy of your being, your ego and your personality will never be completely satisfied or pleased with the world” (Holden, 2009).**

*“Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It*



*knows it must run faster than the slowest gazelle, or it will starve. It doesn't matter whether you're a lion or a gazelle—when the sun comes up, you'd better be running.”* -- Roger Bannister (McDougall, 2009).

“It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change.” -- [Charles Darwin](#)

“...vulnerability is the core of shame and fear and our struggle for worthiness, but it appears that it's also the birthplace of joy, of creativity, of belonging, of love.” -- Brene Brown



## Learning from Our Mistakes: Tips to Getting & Remaining Energized!

1. Listen to podcasts or audio books during commute.
2. No one on campus is going to tell you to slow down and take care of yourself. Don't wait or blame others for not caring about you. It's your job to care about you.
3. You bring your whole self wherever you go. Don't bring students/staff/co-workers a mess. They have their own problems to deal with.
4. Do a 360 degree honest self appraisal/audit of your total life. Ask two trusted friends and one relative stranger for input.  
*See H. Cloud, "The One-Life Solution".*
5. If you work with people, read and learn as much as possible about the ego. Figure out what yours is saying/doing and vow to be vigilant in "checking" it.  
*See E. Tolle, "A New Earth: Awakening to Your Life's Purpose".*
6. Get very comfortable with the idea of saying "I don't know." Become equally adept at disappointing people.  
*See C. Richardson, "The art of extreme self-care".*
7. Journal for 15 minutes a day ... every day.  
*See J. Conner, "Writing Down Your Soul".*
8. Write down what you want personally and professionally.
9. Post a "Ship It" date for major projects.  
*See Seth Godin, "Linchpin".*
10. Set boundaries.  
*See H. Cloud, "The One-Life Solution".*
11. Put space between a request and your response.  
*See C. Richardson, "The art of extreme self-care".*
12. Set a physical goal. Create an exercise calendar with incremental steps to reach your goal. Post it. Follow it.  
*See D. Karnzes, "50/50: Secrets I learned running 50 marathons in 50 days".*
13. EXERCISE! You need a way to release the stress taken on during the day. Exercise first thing in the morning.
14. Before you go to bed each night, say out loud 3 things or events for which you are grateful.  
*See M.J. Ryan, "Attitude of Gratitude".*

## Our Inspirational Library

### Books

- Bolman, L.G. & Deal, T.E. (2001). *Leading with soul: An uncommon journey of spirit.* San Francisco: Jossey-Bass.
- Cloud, H. (2008). *The one life solution: Reclaim your personal life while achieving greater professional success.* Harper Business.
- Conner, J. (2008). *Writing down your soul: How to activate and listen to the extraordinary voice within.* San Francisco: Conari Press.
- Godin, S. (2010). *Linchpin: Are you indispensable?* New York: Penguin Group.
- Holden, R. (2009). *Be happy: Release the power of happiness in you.* Hay House Inc.
- Karnazes, D. (2009). *50/50: Secrets I learned running 50 marathons in 50 days -- and how you too can achieve super endurance!* Grand Central Publishing.
- Klein, S. (2006). *The secret pulse of time: Making sense of life's scarcest commodity.* Cambridge, MA: Da Capo Press.
- McDougall, C. (2009). *Born to run: A hidden tribe, superathletes, and the greatest race the world has never seen.* New York: Alfred A. Knopf.
- Palmer, P. (2007) *The courage to teach: Exploring the inner landscape of a teacher's life, 10th anniversary edition.* San Francisco: Jossey-Bass.
- Richardson, C. (2009). *The art of extreme self-care: Transform your life one month at a time.* Hay House Inc.
- Ryan, M.J. (1999). *Attitudes of gratitude: How to give and receive joy every day of your life.* New York: MJF Books.
- Tolle, E. (2005). *A new earth: Awakening to your life's purpose.* New York: Penguin Group.

### Websites

[www.donothingfor2minutes.com](http://www.donothingfor2minutes.com)

TED Talks – [www.ted.com](http://www.ted.com) Available through app for iPhone, via podcast, web, and in transcribed form. No excuse not to listen/watch! You are NOT too busy for this!

Brene Brown – The power of vulnerability (20:20) Topics: connection, courage, authenticity, and shame

Ken Robinson - Ken Robinson Says Schools Kill Creativity (19:29)

Simon Sinek – How great leaders inspire action (18:05) Topics: The golden